

# Why Swimming?

The United States of America (USA) age group swimming program is American's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for healthy fitness habits that last a lifetime. Swimming is considered the ideal activity for developing muscular and skeletal growth by medical and health professionals.

- Swimming develops high quality aerobic endurance. In other sports an hour of practice may yield as little as 10-15 minutes of meaningful exercise. Swim teams use a high proportion of practice time developing fitness and skills.
- Swimming does an exceptional job of developing a balance of all musculature using all major muscle groups. No other sport does this better. Swimming builds on children's natural flexibility by incorporating the major joints' full range of motion.
- Swimming helps develop a high level of coordination. It combines complex movements of all body parts to develop muscular strength, coordination, and grace.
- Swimming is the most injury-free of all sports.
- In addition to the physical advantages, swimming develops a greater intellectual competence by providing a guided progression of thinking processes, fostering creative talents, exploring new ideas, and improving and learning new skills.
- Swimming is the sport of a lifetime. Swimmers are still training and participating in the sport well into their 80s.